**Date:** 8/09/2014  
  
**Activity:**  Lawn bowls  
  
**My level of effort and engagement today was:** Achieved   
  
**I have placed myself at this level because:**

I came to class ready but not fully interested because I thought lawn bowls was such a boring and easy game. But after a few lessons I found it very challenging and I found out that there was a weighted side on the bowls. I practiced trying to curve the ball so it can get close to the target. For example I played a mini game and focused on the amount of power and where I had to bowl it to make it curve.

**Which 2 factors influenced my participation?**

**Factor 1:** Challenge

**Factor 2:** Sense of achievement  
  
**Explain how and why these factors influenced your participation.**

Factor #1

After a while I started liking lawn bowls because it was very challenging. The factor **challenge** influenced my participation because I wanted to get the bowl as close as possible to the white ball. I challenged myself by increasing the distance. Therefore I had to put more power into the bowl and I had to bowl it at a very wide angle.

Factor #2

The factor **sense of achievement** influenced my participation because whenever I got my bowl closer than the others I would feel the sense of achievement. I accomplished getting the bowl as close as I can by putting more or less power and curving it at a certain point, and once I have found out how much power I put in and where I bowl it I feel the sense of achievement.  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**

I could have improved my participation by working hard to get to the goal or objective. I could have tried new things like blind folding myself so I can try even harder to accomplish my goal of getting the bowl as close as possible.